

administering a composition comprising theanine to the individual in need thereof,

wherein said composition is prepared by a method comprising a step of mixing theanine with other ingredients.

Please add the following new claims:

Subj. Cont.
--23. A method for treating an individual in need of suppressing or ameliorating a symptom accompanying diminished homeostasis, comprising:

administering a composition comprising isolated theanine to the individual in need thereof.--

Subj. Cont.
--24. The method according to claim 23, wherein said isolated theanine is purified theanine, crudely purified theanine, and/or theanine extract.--

Subj. Cont.
--25. The method according to claim 23, wherein the amount of administration of said isolated theanine is from 0.2 to 2,000 mg/kg·day.--

--26. The method according to claim 25, wherein the amount of administration of said isolated theanine is from 0.2 to 300 mg/kg·day.--